

FIFTY AND WISER

***50 and Wiser provides recreation opportunities for those baby boomer age and beyond!
For more information contact Gail Ham, 433-9168 or gail.ham@harrisonburgva.gov***

BEGINNING KNITTING

Instructor: Christina Presnell

This class teaches familiarity with types of yarn, reading yarn labels, patterns, needles, and sizes. Basic knitting skills are taught. The student will learn to knit, purl, cast on/off, increase decrease, change yarns, and finish their work. Upon the completion of the course, the student will be ready to pursue a basic knitting pattern and practice their skills. Pattern suggestions will be made upon completion of the course for each student, based on their individual skill level. All supplies are furnished.

City Res \$36/Non-Res \$43

| | | |
|----------------|----------|---------|
| 340570A | Ages 50+ | CFG/CAC |
| Wed | Sep 5&12 | 9-11am |

SOCKS 101

Sock 101 teaches the basics of sock knitting. The student will learn to make a basic sock on double pointed needles, on any size yarn for any size foot. The student must have completed our Basic Knitting course, or have previous knitting experience. Course Fee includes: course book, yarn and double pointed needles needed to make one pair of socks.

City Res \$60/Non-Res \$72

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|----------------|-----------|---------|
| 340570B | Ages 50+ | CFG/CAC |
| Wed | Sep 19&26 | 9-11am |

INTRODUCTION TO WATER COLOR PAINTING

Instructor: Deborah Kay Nees

Try the FUN—(my kind of art)—DA—(you can do this!)—MENTAL—(not to many brain cells needed) —method to learning watercolor. Explore the practical tricks and techniques in this introductory study of pigment and water combined to make the wonderful and controllable medium of watercolor. All supplies are provided in this “try it-you’ll like it” approach. The class is offered in two series. Each series consists of four three hour sessions. Each session builds on the first but is independent and project-based. Students will go home with a small painting each session.

City Res \$160 /Non Res \$192

| | | |
|----------------|--------------|---------|
| 340567A | Ages 50+ | CFG/CAC |
| Tue | Aug 14-Sep 4 | 6-9pm |
| 340567B | Ages 50+ | CFG/CAC |
| Tue | Sep11-Oct 2 | 6-9pm |

CARDIO & STRENGTH

Inst: Lindsay Snyder, Mindy Schwartz, Layna Erney

Stretch, strengthen and get it! This class works the heart, muscles, and more. Variety and fun guaranteed and all fitness levels welcome. Class will not meet Nov 22.

City Res \$36/Non-Res \$43

| | | |
|----------------|---------------|-------------|
| 340523C | Ages 50+ | CFG/CAC |
| Tue/Thu | Sep 4-Oct 18 | 5:30-6:15pm |
| 340523D | Ages 50+ | CFG/CAC |
| Tue&Thu | Oct 23-Dec 11 | 5:30-6:15pm |

ZUMBA® FITNESS

Instructor: Cassandra Price

This class is a modification of Zumba Fitness geared toward active older adults and for those who desire and want a lower impact class. This class uses more instruction and verbal cues as well as slower music. Improve your fitness level with this great Latin and international inspired dance fitness workout. Join the PARTY!!!! Class will not meet Nov 22. For additional information on the instructor visit

www.zumbawithcass.com.

City Res \$48/Non-Res \$58

| | | |
|--------------------|---------------------|--------------------|
| 340523A | <i>Ages 50+</i> | <i>CFG/CAC</i> |
| <i>Tue&Thu</i> | <i>Sep11-Oct 25</i> | <i>6:45-7:30pm</i> |
| 340523B | <i>Ages 50+</i> | <i>CFG/CAC</i> |
| <i>Tue&Thu</i> | <i>Nov 6-Dec 20</i> | <i>6:45-7:30pm</i> |

INDOOR WALKING

Is the weather outside keeping you from your outdoor walking routine? Come inside where the weather is nice. The gym is open for your walking pleasure during designated times. Bring your music and bring your friends! No registration required. FREE

Ages 50+ CFG/CAC 8:30-9:30am

Tue&Thu Aug 21- Nov 29

BENNY'S BLANKETS

This is a social group for 50+ who like to knit and crochet. Items are donated to area nursing homes, hospitals, ARC, and other service organizations. We also accept donations of materials such as yarn, crochet hooks, needles, etc. FREE

Ages 50+ CFG/CAC

Tue&Thu Ongoing 9-11am

CLASSIC MOVIE MATINEE

Join us monthly for a classic movie from the archives. Movies are projected on a large screen for excellent viewing. Beverages, popcorn, and other snacks are provided. Check the website for movie of the month. Please phone 540- 433-9168 a week ahead to register. FREE.

Ages 50+ CFG/CAC 1-3pm

Aug. 17 My Fair Lady

A misogynistic and snobbish phonetics professor agrees to a wager that he can take a flower girl and make her presentable in high society.

Sept. 21 On Golden Pond

The loons are back again on Golden Pond and so are Norman Thayer, a retired professor, and Ethel who have had a summer cottage there since early in their marriage. This summer their daughter Chelsea -- whom they haven't seen for years -- feels she must be there for Norman's birthday. She and her fiancé are on their way to Europe the next day but will be back in a couple of weeks to pick up the fiancé's son. When she returns Chelsea is married and her stepson has the relationship with her father that she always wanted. Will father and daughter be able to communicate at last?

Oct. 19 Stripes

Two friends who are dissatisfied with their jobs decide to join the army for a bit of fun.

Nov. 16 The African Queen

In Africa during WW1, a gin-swilling riverboat owner/captain is persuaded by a strait-laced missionary to use his boat to attack an enemy warship.

Dec. 21 White Christmas

A successful song-and-dance team become romantically involved with a sister act and team up to save the failing Vermont inn of their former commanding general.

CREATE YOUR OWN WREATH

Instructor: Gail Ham

Wreaths have historically symbolized eternal life. Express yourself by creating a beautiful wreath to give as a gift or to decorate your own home for the holidays. All supplies are furnished for this fun learning experience. For beginners as well as experienced crafters. If you have given up crafts because you have problems with strength and dexterity in your hands this is an adapted class. You will take away a completed wreath and instructions to make others for a variety of seasons.

City Res \$10/Non-Res \$15

| | | |
|----------------|----------|-------------|
| 340570C | Ages 50+ | CFG/CAC |
| Wed | Nov 7 | 9am-12pm |
| 340570D | Ages 50+ | CFG/CAC |
| Tue | Nov 27 | 5:30-8:30pm |

50 & WISER YOGA LEVEL 1

Instructor: Patricia Kearney

Yoga is a happy medium for those who need balance, strength, flexibility and relaxation. Beginners and intermediate students welcome, modifications will be provided.

City Res \$28/Non-Res \$34

| | | |
|----------------|---------------|-------------|
| 340525A | Ages 50+ | CFG/CAC |
| Mon | Sep 10-Oct 15 | 5:30-6:30pm |
| 340525B | Ages 50+ | CFG/CAC |
| Mon | Oct 22-Nov 6 | 5:30-6:30pm |

EXTRA GENTLE YOGA

Instructor: Patricia Kearney

Participation in yoga benefits stress reduction, muscular endurance, flexibility, and balance. In this class seated poses can be done using chairs rather than sitting on the floor, and standing poses are done with additional support for balance. Participants can choose a fully chair-based approach to the class, or combine standing, chair and floor poses according to their needs. Instructor Patty Kearney has experience in teaching gentle and chair-based yoga classes, and is certified in Integrative Yoga Therapy. Class will not meet Nov 21.

City Res \$28/Non-Res \$34

| | | |
|----------------|---------------|-------------|
| 340525E | Ages 50+ | CFG/CAC |
| Wed | Sep 12-Oct 17 | 5:30-6:30pm |
| 340525F | Ages 50+ | CFG/CAC |
| Wed | Oct 24-Nov 28 | 5:30-6:30pm |

SENIOR SURVIVAL SERIES PHASE 1

A series of 45 minute workshops to help people over the age of 50 cope with the mental health aspects of aging. Topics will include the use of humor, animal assisted therapy, strategies to improve communication, effective use of leisure time, and increasing your social support network. Attend any or all workshops for one price. Bring your own brown bag lunch.

City Res \$8/Non-Res \$10

| | | |
|----------------|----------|---------|
| 340554H | Ages 50+ | CFG/CAC |
| Sat | Sep 15 | 9am-3pm |

GAMES GALORE

This is a festival of game competition in a fun, non-serious setting. This program will encourage trying unfamiliar games as well as participating in the old familiars. Games will include but not be limited to Billiards, Ping Pong, Foosball, Knock Hockey, Checkers, Scrabble, Uno, Rummikub, Gin Rummy, and Pinochle. There will be prizes for top competitors and a chicken dinner at the conclusion.

City Res \$8/Non-Res \$10

340538A *Ages 50+ CFG/CAC*
Sun Sep 16 2-5:30pm

BOWLING LEAGUE

Come out and join the fun! This bowling league is open to experienced and novice bowlers alike. You may join us at any time; there is always room for more. League fee includes three games and shoe rental. All Residents \$8

Ages 50+ Valley Lanes
Thu Aug 9-Nov 15 1-3pm

BISCUITS AND BINGO!

Join us the last Wed of each month at the Harrisonburg Chick-Fil-A. Participants receive a free drink with purchase and play bingo for prizes and fun. No purchase or registration necessary to play. FREE.

Ages 50+ Chick-Fil-A, Harrisonburg 9-10am
Wed Aug29, Sep26, Oct 31, Nov 28

SURFING THE INTERNET/INTRODUCTION TO MICROSOFT OFFICE & WINDOWS 7

Instructor: Esther Nizer

New to the internet or Microsoft? Want to learn more or brush up on your Word or Excel skills? Need to put together a Power Point presentation? Spend each evening on one of these applications. The first week will be spent setting up internet favorites on the favorites bars. The 2nd week will be locking your homepage and managing your desk top with Windows 7.

City Res \$57/Non-Res \$67

340563A *Ages 50+ Lucy Simms Computer Center*
Tue&Thu Sep 18-27 6-8pm

DREAMS SERIES

Dreams are a source of many emotions that are as varied as the dreamers. The following series on dreams approaches the topic from the perspective of understanding your dreams in order to better understand yourself. This series is a progression beginning with an introductory workshop followed by eight followup group meetings. The instructor has been in private practice in Harrisonburg for over 25 years. Her areas of special interest include working with individuals and groups using dreams and the expressive arts towards individual growth.

DREAM WORKSHOP

Instructor: Helen Hudson, Licensed Clinical Social Worker

Dreams are a pathway into our deepest inner self. This workshop is for those who want to explore their dreams within a group setting and learn some techniques, including the creative arts to understand the often confusing language of dreams. Participants are asked to bring a dream. All materials will be provided.

City Res \$60/Non-Res \$70

340554I *Ages 50+ CFG/CAC*

Sat Aug 18 9am-1pm

DREAM GROUP

Instructor: Helen Hudson, Licensed Clinical Social Worker

We will explore the nature of our dreams and what message our dreams might have to offer our “awake selves” and to the general growth of our psyches. A commitment for all of the sessions is asked so that the group can develop the trust necessary for the dream work. All materials will be provided. Dream Workshop is a prerequisite. No class 9/24, 10/1,22,29

City Res \$108/Non-Res \$116

340554J Ages 50+

CFG/CAC

Mon Sep 10&17, Oct 8&15, Nov 5, 12

6:30 -8:30pm